

The third section of the book takes up the diseases of the urinary system and includes the consideration of the ureters, urethra, kidneys, bladder, and the question of the abnormalities associated with micturition.

The illustrations are especially good and particularly well chosen and executed, while the printing and binding are both of the standard of excellence set by the publishers. W. R. N.

FOOD AND DIET IN HEALTH AND DISEASE. By ROBERT F. WILLIAMS, A.M., M.D. Philadelphia and New York: Lea Brothers & Co., 1906.

THIS book is for the intelligent housewife as well as for physicians and nurses, and presents the essentials of the purely scientific part of the subject of dietetics in a form intelligible to any one who has had the most ordinary advantages in the way of education. Whenever possible full explanations are given for known physiological facts and for generally accepted principles of diet in health and the nursing and feeding of the sick. The introductory remarks to the various subjects in each instance contain a concise statement of the principles on which the best medical practice is based, without unnecessary discussion of the differences in prevailing views. Certain questions of special interest, however, receive full consideration, as, for example, the food value of alcohol in health and in disease. The author's views may be epitomized in his own words: "If (alcohol is) a food, it is one which has no advantage over many other food substances, and is, therefore, never necessary for food purposes." He holds the view that alcohol is at no time a true stimulant, and that the apparent stimulation of heart and brain is due to the fact that the depressing action of the drug manifests itself first on the higher centres. By depressing the inhibitory cells of the brain, restraint is removed and control lessened, so that the heart acts more rapidly and more vigorously (in part also on account of the vasomotor relaxation in the peripheral vessels), the imagination is more active and speech flows more readily because the customary self-restraint is relaxed. Its use is, therefore, never necessary in health, and in disease the same effects can be as well obtained by other means. Although scientific evidence for such views seems to exist, most practitioners will be loth to adopt them in their practice or consent to dispense with alcohol in the treatment of their fever patients.

A great deal of valuable and necessary information is stowed away compactly in tables, most of which are taken from reports of the Experiment Station of the U. S. Department of Agriculture, on which the matter relating to different foodstuffs and their relative nutri-

tional value, contained in Part I, is chiefly based. The chapters on cooking and on the different kinds of food are very interesting reading.

In Part II, which more particularly interests the practitioner, the author displays a conservative adherence to the generally accepted principles of practice, notably in the chapter on typhoid fever, which is taken as the type of an infectious disease. The newer method of so-called "solid feeding," which is now advocated by some leading clinicians, is dismissed with the non-committal statement that as the evidence of the greater comfort and somewhat lower mortality among patients who are allowed some solid food increases, "material alterations will soon prevail in professional opinions, concerning nutrition in typhoid." The dietetic directions for diarrhea in infants are in accord with the latest teaching, as is the treatment of infant feeding in general, in the first portion of the book. In the chapter on diabetes, the author reflects the views of Van Noorden and the present conservatism in the matter of restricting carbohydrates in this disease. Good honest bread made of wheat flour is reinstated and the much maligned Irish potato again finds a place on the list of permissible vegetables, the length of which should go far toward reviving the drooping spirits of the diabetic and lessening the perplexing labors of his medical attendant.

The arrangement of the subject matter and the quality of the style deserve special commendation, while the editorial work and proof-reading leave nothing to be desired. An incomplete idea of the book would be conveyed by omitting to mention the dietaries and recipes contained in the last chapter.

R. M. G.

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THE MEDICAL DISEASES OF EGYPT. By F. M. SANDWITH, M.D., F.R.C.P., Consulting Physician to H. H. the Khedive and to Kasr-el-Ainy Hospital, Cairo; Lecturer at the London School of Tropical Medicine, etc. Part I. London: Henry Kimpton, 1905.

THE author in his preface states that while writing this book he has had in mind "the needs of three classes of possible readers—the Egyptian student of medicine, past and present, newly appointed English doctors who are suddenly placed in positions of responsibility in Egypt, without any knowledge of what sort of diseases they are likely to meet with among the natives, and the large and increasing number of colleagues in Europe and elsewhere who are interested in the behavior of medical diseases in foreign countries."

The book is intended not as a practice of medicine, but as a treatise on medicine as seen in Egypt; upon this subject the author